

Take a Self-Image Inventory

In the column marked “Old Negative Image,” list all of the aspects of your self-image that might limit success in your new career role. Next, under the heading “My New Image,” write the opposite of the negative traits you listed. For example, the opposite of “sloppy” might be “organized,” the opposite of “awkward” might be “at ease,” and so on.

Old Negative Image	My New Image
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____
11. _____	11. _____
12. _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____
16. _____	16. _____
17. _____	17. _____
18. _____	18. _____
19. _____	19. _____
20. _____	20. _____
21. _____	21. _____
22. _____	22. _____
23. _____	23. _____
24. _____	24. _____
25. _____	25. _____

Now use the traits you listed under “My New Image” to help you in the visualization and affirmation processes that follow.

Seeing Success Scenarios

Visualize yourself in various scenarios related to your new career. Describe these in the space below. What are you doing? What are the surroundings? What are you feeling? Note: It is important that you go into as much detail as possible. If there is not sufficient space below, write your scenarios on a separate piece of paper.

Scenario 1: _____

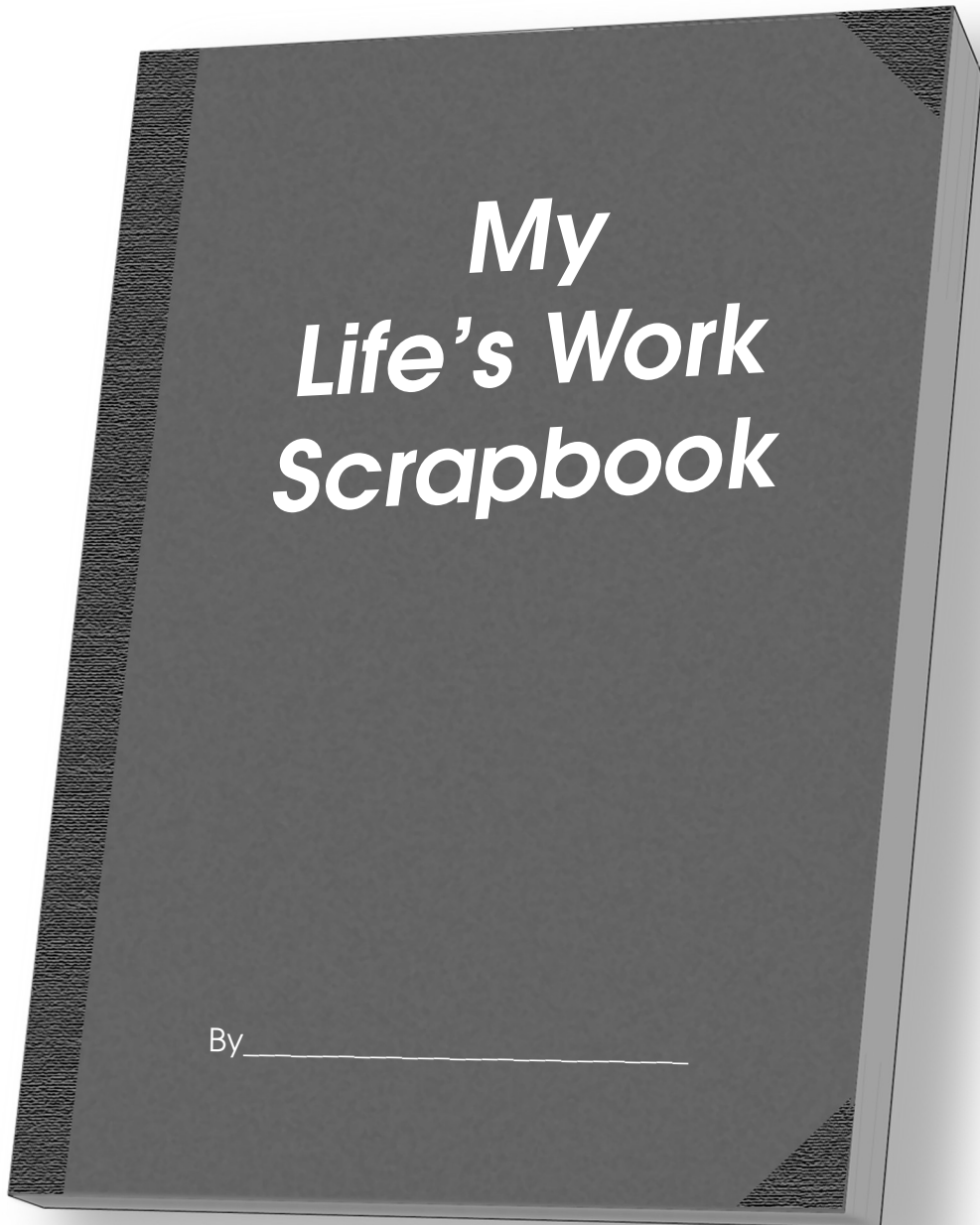
Scenario 2: _____

Scenario 3: _____

You may want to make an audio recording. It can assist you in maintaining a regular routine of visualization and thus maximize the creative benefits of this process. Begin the recording by giving yourself instructions to relax, to feel deeply calm and at peace. Next, instruct yourself to visualize one of the scenarios you have written above. Allow a thirty-second to one-minute pause on the recording to visualize the scenario. Repeat this process for as many scenarios as you like. It's best to do your visualizations every night just before you retire. If this is not practical for you, do them as often as possible.

Building a Vision

You can translate your goals into positive images of success. Make a scrapbook. Fill it with vivid images of you successfully doing your life's work. Draw them. Cut pictures out of a magazine. Take photographs and paste them in. Be creative and have fun. Get out your scissors, drawing pencils, glue, tape, and paints. Work in whatever medium most appeals to you. Write captions beneath your illustrations, referring to them as if they have already occurred.



Affirmation: The Power of Positive Belief

Changing careers can be a difficult process. There are plenty of opportunities for doubts to arise. You may doubt your ability. You may doubt whether there is sufficient demand in the marketplace for what you want to give. You may doubt your ultimate success. In addition to your own doubts, you are surrounded by the doubts of others. You must believe in yourself and in the course you have chosen. Recognize that *you believe what you hear repeated* and, most of all, what you repeat to yourself. Repetition opens the doors to your subconscious mind. Think of how a song sticks in your mind after repeated hearings.

The subconscious mind works like a computer. If you try to execute a function on your computer that the program you are running is not designed to handle (e.g., sophisticated graphics on a word-processing program), you have no luck. Yet if you take out that program and put in the proper one, you can do it easily. It works the same way with your mind. If you put in programming that says you can, you'll be able to do things you could never do with the old program.

One way to enter a new program is through a process called "affirmation." The most powerful way to use affirmation is to say "*I am*" before that which you want to be, do, or have. The words *I am* form the primary link to your self-image. Therefore, they should be used with the greatest of care. Remember, *I am* makes a strong impression. Be careful not to link negative thoughts with the words *I am*, *I*, *me*, or *mine*, or these negative thoughts will attach to your self-image. Always affirm something positive and beneficial.

Now write positive statements that will reflect the kind of progress you want to make. Here are a few examples:

I love my work. It energizes me and challenges me to give my very best. Excellence is my goal and my reality.

I am a positive, productive, and happy person. I'm glad to be alive, and I'm glad to be who I am.

I always do what I know is right, easily and without delay.

I am confident of my ability to get the job done and done right.

Behavior Modification: Stroke Your Way to Success

It may be some time before you are actually doing your life's work. You will need to maintain your interest, concentration, and enthusiasm along the way if you are to make steady progress toward your goals. Reinforce your progress by giving yourself positive strokes along the way. Your heart has its desires to give, to share, to make a constructive contribution. Your ego also has desires. The ego wants stimulation and attention. Get the ego on board. The ego's desire for attention is not necessarily in conflict with the heart's desire to express its love. However, you may want to look at how you can get them working together right from the start.

Indicate your career goals below. Then write down when you plan to complete them and what positive strokes you may want to give yourself along the way. These goals might include acquiring necessary training, landing your first position, or achieving a particular objective in your career.

Career Goal #1: _____

Estimated Arrival Time: _____

Positive Strokes Along the Way: _____

Career Goal #2: _____

Estimated Arrival Time: _____

Positive Strokes Along the Way: _____

Career Goal #3: _____

Estimated Arrival Time: _____

Positive Strokes Along the Way: _____

Behavior Modification Sources

The Power of Your Subconscious Mind. Joseph Murphy. Englewood Cliffs, N.J.: Prentice Hall, 2008.

New Psycho-Cybernetics. Maxwell Maltz. Englewood Cliffs, N.J.: Prentice-Hall, 2002.

Doctor of Audacity

This certifies that on this date _____,
the bearer _____ has been conferred a
Doctor of Audacity Degree (Au.D.) for
_____.



Count Von Suksiss

PRESIDENT EMERITUS AND MOST EXALTED EXCELLENCY

Keith D. Fayth

SECRETARY AND HIGH COUNSELOR